



# Play It Safe!

You're on a Quest!

Imagine that you and your family are planning an extended or multi-day recreational activity – such as a boating trip, hiking expedition, or winter camping trip. With your family, plan what equipment and supplies you would need to take along.

Consider what type of training and preparation you could do as you plan for the activity. Be sure to keep in mind the abilities and ages of your family members as they relate to the conditions you are likely to face.



1. Describe where you would go and what you would do: \_\_\_\_\_  
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2. With your family, discuss survival issues and how they impact the human body, using information that you learned from the *QUEST* episode. Would your family be prepared for an emergency during this activity?

With your family, make a “survival kit” that could be used in the event of a wilderness/aquatic emergency. What items would you include? Why? Which item(s) do you think would be the most valuable, and why? What else would you need to think about in preparation for your outing? \_\_\_\_\_  
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